



The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

2 Farm Street, Upton, MA 01568, 508-529-4558 / 508-529-4559 / www.uptonma.gov



June 2016



THE UPTON CENTER STAFF

Janice Read Nowicki
Director

Jessica Mauro
**Social Services
Coordinator**

Bernadette Denson
Department Specialist

COA Assistants
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Karen Varney

Drivers
Jim Earl
Lori McGann
John Saulen

Nutrition Center Mgr.
Al Vautour

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As we head into June, we have a number of people to thank for all of their dedication to the Upton Center. First, thank you to Nipmuc High School student, **Sarah Nasif**. Sarah organized a Gardening Day to beautify the surroundings at the Upton Center as part of her BVYLA Youth Leadership Academy project. We are grateful to all those who helped her with the project, including Chris Bechara who oversaw the landscaping, Weston Nurseries and Mendon Greenhouse for floral donations, and local volunteers who helped with the plantings. We truly appreciate the new look!



Thank You

We also want to acknowledge our new Council on Aging (COA) officers: Vice Chair **Betty Consigli** and Secretary **Maria Griffin**. We thank you for stepping up to take on these vital roles on the COA Board. Many thanks to those who have finished their terms and moved on—your contributions are greatly appreciated.

We'd also like to thank **Ashely Lane** and **Shawn Payne** for their recent generous monetary donation to the Upton Center. We will certainly put it to good use. And a big shout out goes to **Main Street Pizza** for the excellent pizza and service provided for our most recent Birthday Bashes here at the Center.

With the arrival of summer on June 20th, I'd like to highlight just a few of the great programs we have lined up for June. Representative Muradian will be here to provide Upton seniors with a **Pasta Lunch on Friday, June 3rd at 11:45**. Afterwards, we have the RSVP "**Fraud Squad Players**" coming to entertain us with skits for a fun and informative way of educating you on fraud awareness.

Then on **Friday, June 10th at 12:45** we'll be entertained with the music of **Jumpin' Juba**, which mixes regional blues and roots-y rock styles from Chicago, Memphis, and New Orleans with guitar, piano and drums. They're sure to have you dancing in the aisles, so please join us!

We'll officially kick off summer with a **Cookout on Monday, June 20th at 11:45** which will also give us a chance to celebrate **Father's Day**. We hope you'll join us to pay tribute to Dads everywhere!



These are just a few of the programs we have in store for the summer. Remember—we are open all summer, and air conditioned, so we hope to see you here!

- Janice

Food Drive for Hunger Awareness Month

Despite the fact that we are one of the wealthiest nations in the world, childhood hunger is a growing reality in America. For families in need, the summer can be a particularly challenging time because many of the free and/or reduced school food programs they rely on are inaccessible in the summer. That's why it is important for us to remember to donate to local community food banks whenever we can, not just around the holidays. The Upton Center will be collecting non-perishable food items all month. Please donate if you can. Every little bit helps. Thank you!



Shopping Trips

Time spent in the stores is typically 60—90 minutes, depending on other trips scheduled. Please register at least 2 days ahead and choose one store for drop off/pick up when we do a loop.*



Wednesday, June 1 at 12:30—**Salvation Army/Shaw's/Job Lots/Walmart Loop***, Northbridge

Monday, June 6 at 9:00—**Market Basket**, Oxford

Friday, June 10 at 9:00—**Shaw's & Walgreens**, Milford

Friday, June 17 at 9:00— **Northborough Crossing (Wegman's/Michael's/Kohl's/TJ Maxx, etc.) Loop***, Northborough

Tuesday, June 21 at 12:30—**Hannaford's**, Uxbridge

Friday, June 24 at 9:15, **Market Basket**, Hudson

Thursday, June 30 at 9:15—**Salvation Army/Shaw's/Job Lots/Walmart Loop***, Northbridge



Elder Affairs Officer

Wednesdays, June 1, 8, 15, 22 and 29 at 9:00

The Upton Police Department will be holding office hours at the Center. Please call the Center to set up a time to speak with an officer.

SHINE



Wednesday, June 1, 9:00—12:00

& Wednesday, June 15, 9:00—12:00

SHINE Counselor Marcy Singer will hold individual appointments at the Center. Please call the Center to register for an appointment to discuss your health insurance needs.



Representative Muradian's Pasta Lunch

Friday, June 3 at 11:45

Representative Muradian has kindly arranged to provide Upton Seniors with a free pasta lunch at the Upton Center. Come enjoy some great food and company. Please call the Center to register. We hope you'll stick around afterwards to enjoy the "Fraud Squad Players" (detailed below).



Fraud Squad Players

Friday, June 3 at 12:45

RSVP will be putting on a play for seniors, by seniors. Come watch them perform a series of skits for a fun way to learn more about how to protect yourself from fraud. We hope you'll join us for the Pasta Lunch beforehand too (see details above). No fee. Please call the Center to register.



Ice Cream Social

Tuesday, June 7 at 12:30

Join us at the Center for an ice cream in honor of National Chocolate Ice Cream Day today! Who can resist cooling off with a yummy treat at this time of year?! Donation of 50 cents is suggested. Please call the Center to register so we'll have plenty of ice cream on hand.



Personal Training Appointments

Tuesday, June 7, 1:00—2:00

& Tuesday, June 21, 1:00—2:00

Wendy Reid, our instructor for Strength and Stretch, will be holding personal training sessions for Upton residents age 50 and older to help set personal fitness goals. Appointments can be held in person at the Center or by phone for 15 minutes, with one session per person. Please call the Center to register and put yourself on a path to fitness!

Wellness Talks with Jessica

Wednesdays, June 8 & 22 at 12:30

Join Jessica for Wellness talks covering a variety of health issues. Please call the Center to register.

Healthy Living



Bridge of Flowers Trip

Thursday, June 9, 7:45-5:45

Join the Northbridge Seniors to Visit Magic Wings, New England's Butterfly Conservatory and Gardens with over 3,000 butterflies, followed by lunch on your own and a visit to the Bridge of Flowers and Yankee Candle Company. \$66 per person includes pickup and drop off at the Upton Center and deluxe motor coach transportation. Please call Jean-nine Dionne at 508-234-2002 for further details.

Jumpin' Juba Concert

Friday, June 10 at 12:45



Join us for some fantastic music with Jumpin' Juba which mixes regional blues and roots-y rock styles from Chicago, Memphis, and New Orleans with guitar, piano and drums. Light refreshments will be served. There is no fee but please call the Center to register. Feel free to bring your dancing shoes! This program is supported in part by a grant from the Upton Cultural Council, a local agency which is supported by the Mass. Cultural Council, a state agency.

Please call the Upton Center at 508-529-4558 with questions or to register for programs.
Hours of Operation are Monday—Friday, 9:00—3:30 (weather and staff permitting).

Lunch at Longhorn Steakhouse

Monday, June 13 at 11:30

Enjoy a delicious lunch with friends at Longhorn Steakhouse in Millbury. They offer steaks and much more on their lunch menu! Please call the Center to register and let us know if you need a ride.



2nd Annual Go the Distance Walk

Tuesday, June 14 at 12:30

Calling all community leaders, town employees and residents, young and old!...Join us on Flag Day for the "Go the Distance" state walking challenge, sponsored by the Mass. Association of Councils on Aging, and the Keep Moving Walking Clubs. It's easy—just come to the Upton Center on June 14 and we'll let you know the options for some great 1 mile walks. You choose one that's best for you, and join us for as much or as little of the walk as you'd like, followed by some refreshing watermelon afterwards. We hope to see you there! There is no fee for this event, but please call the Center to register.

Trip to the Movies!

Early afternoon on Wednesday, June 15

Let's head to the movies at Blackstone Valley Cinema DeLux in Millbury! They have a Senior Special on Wednesdays: \$6.50 for the movie ticket, plus \$3.50 if you'd like popcorn and a soda. All the showtimes for this date are not yet out, so we'll keep an eye on the movie listings to see what is playing that day. Please call the Center to register if you are interested and we'll keep you posted on the movies and timing as the date approaches to see if you're in. Van ride available for \$2 each way (space is limited).



Bake Sale to Benefit Tri-Valley

Thursday, June 16, 11:00—1:00

We'll be holding a bake sale with plenty of yummy treats on hand to benefit Tri-Valley, Inc.'s Activity Fund. Tri-Valley provides in-home and community services throughout Central Massachusetts. Please consider baking a treat, buying one, or both—to help support this worthy cause! Please call the Center if you'd like to volunteer to bake.

A Walk in the Park

Friday, June 17 at 1:00

Join us for a walk along the Milford bike trail. All fitness levels are welcome and there are plenty of benches along the way to take a break and enjoy the scenery! Please call the Center to register and let us know if you'd like a ride on our van (\$1 roundtrip for Upton seniors).



Father's Day Summer Cookout

Monday, June 20 at 11:45

Come celebrate both Father's Day and the first day of summer with a good old fashioned cookout! All are welcome—not just fathers! Please call the Center to register. Fee is \$3. Bring your appetite!



Movie & Popcorn at the Center

Wednesday, June 22 at 1:00

Join us for a movie with some fresh popped popcorn—yum! This month we'll be showing "The Hundred-Foot Journey", a comedy/drama about two competing restaurants starring Helen Mirren. Join us!

Senator Moore Office Hours

Monday, June 27, 9:00—10:00

Senator Moore's office will hold office hours at the Upton Center to discuss your concerns. Come stop by!



Blood Pressure Checks

Every Friday at 10:30 + Wed., June 29 at 12:30

An EMT visits the Center each Friday at 10:30 to check blood pressure. The Town Nurse will also be here to do checks on Wed., June 29 at 12:30. Come get yours checked!

Birthday Bash

Wednesday, June 29 at 12:45

Join us for pizza and cake in celebration of this month's birthdays! Free for those with June birthdays; a donation of \$3 is suggested for all others. Please call to register.



Tai Chi

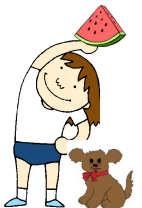
Mondays at 1:00

Come learn more about this wonderful ancient Chinese exercise which can improve your strength, balance and mobility and help to relieve stress. People of all ages and abilities can participate, so come give it a try! Suggested donation is \$3 per session.

Strength & Stretch Program

Wednesdays at 10:00

Certified Personal Trainer, Wendy Reid, and her dog Ben are here each Wednesday for Strength & Stretch classes focused on strengthening, stretching, balance and flexibility. All fitness levels welcome. A \$3 donation is suggested.



Summer Calendar Notes

Please note that some of our programs are taking a hiatus during the summer months. Computer classes and Men's Club suppers finished up in May, but will return in the fall.

We'll fill in with a variety of other programs during the summer, so be sure to check out our schedule and plan to escape the heat by joining us often (we are air conditioned!).

Also—save the date for the Podiatrist's next visit: July 21. Please call the Center to schedule an appointment.

JESSICA'S SOCIAL SERVICES CORNER

Increase in Hours of Service

We are pleased to let you know that the hours for our Social Services Coordinator, Jessica Mauro, have been increased from 37.5 to 40 hours per week as of July 1st. We are very thankful that the residents of Upton approved this increase as part of the town budget at Upton's most recent Town Meeting.

Jessica is available to help you with Fuel Assistance, SNAP (food stamps), SHINE information, referrals and more. We have seen such a need for these services in town, and we are very grateful that the residents of Upton are supportive of her increased service hours. Feel free to call her at 508-529-4558 with any questions. She is here to help Upton residents of ALL ages with their Social Services needs.

In addition to the Social Services provided through the Upton Center, Tri-Valley, Inc. is a fantastic resource for our residents. Tri-Valley is a private, non-profit agency providing information, referrals, and care management for in home and community services in Central Mass. Their mission is to promote and maintain an optimal level of independence, dignity and well-being for elders and individuals with disabilities by providing information, advocacy and access to quality services and resources, as well as caregiver support. Please visit their website at www.trivalleyinc.org for full details on the services offered, or call them directly for more information at 508-949-6640.

Walking Club



The Upton Center's Walking Club continues! Walking journals are available at the Center! See the previous page of this newsletter for information on our Annual Walking Challenge, along with our monthly walk at the Milford Bike Trail.



Wish List

We are in need of the following items at the Center:

- A new picnic table for our seniors to enjoy the great outdoors!
- Vinyl tablecloths—5 round (70" tables) & 4 rectangular (tables are 30x60")
- Disposable drinking cups (preferably 9 oz.).

Please call 508-529-4558 if you can help us. Thanks!



Tri-Valley Lunch Services

A nutritious lunch is served at the Upton Center each week-day at 11:45. Please call Al at 508-529-9094 to reserve your spot at least 48 hours in advance, and see the calendar insert for details on menu selections. Meals are \$3 (including milk and bread). You can also call to inquire about home delivery of lunch and/or frozen evening dinners.



COMMUNITY CORNER

PAGE 4

Hazardous Waste Day

Upton's Hazardous Waste Day will be held on Saturday, **June 4 from 8 a.m.—Noon** at the Department of Public Works (DPW), 100 Pleasant Street (next to Nipmuc High School). Proof of residency is required. Contact the Board of Health at 508-529-6813 or dtienan@upton.ma.us with questions or visit the Board of Health page on Upton's town website at www.uptonma.gov.

Navigating Your Hearing Loss



Attend this free session by Hearing Loss Assoc. of America at Northborough Library on **June 4 from 2-4 pm**. You'll learn valuable information on how to use technology to be aware of sounds in your environment. No RSVP required.



Upton Police Fishing Derby

Join the fun at the Upton Police Department's 27th Annual Fishing Derby on **Saturday, June 11** at Kiwanis Beach. Fishing hours: 8 a.m.—Noon. Lunch served at Noon. Prizes at 1:00. Bait, hotdogs, hamburgers, drinks, snacks, trophies & prizes are free to children aged 1-15 who attend.



Community Supper at United Parish

United Parish of Upton will hold its monthly Community Supper on Thursday, June 16 at 5:30. Please RSVP by the Tuesday before at 508-529-3192. There is no fee, but donations are gratefully accepted.



New Circus Coming to Mendon in July

On **Thursday, July 28**, the Zerbini Family Circus will present two shows on the corner of Route 16 and North Ave. in Mendon. Ticket details will be announced soon. For now—save the date!



Senior Art Exhibit

Art show sponsored by the Office of the Secretary of the Commonwealth of Mass. Theme is "Paint Your Favorite Memory", open to ages 62 and older. Contact Dolores McCray at 617-773-5924 for details. Entry **deadline: July 1**.



Bridge at Hopedale Senior Center

Seniors from all towns are invited to play Bridge **Tuesdays at 1:00** at the Hopedale Sr. Center (43 Hope St.). Free Refreshments. Sign up required at 508-634-2208.

Where's the Watermelon Slice?!



Congratulations to **Alice Coffin** who was our lucky winner for finding the hidden ladybug last month. That was a really tough one! For those of you who couldn't find it—it was on the bunch of flowers at the bottom of the calendar insert! This time we've hidden a little slice of watermelon. Can you find it?! Call the Center if you do and be entered to win a prize in June. Good luck!

June 2016






Mon

Tue


Wed

Thu

Fri

<p>* Please see Newsletter for details on our shopping trips.</p>		<p>1 9:00 Upton Police 9:00—12:00 SHINE 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Shopping Trip*</p> <p>Beef & Bean Chili</p>	<p>2 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Pork Rib-i-que</p>	<p>3 10:30 Blood Pressure Checks 11:45 Representative Muradian's Pasta Lunch 12:45 Fraud Squad Players Cracker Crumb Fish</p> 
<p>6 9:00 Shopping Trip* 1:00 Tai Chi</p> <p>Beef with Jardinere Sauce</p>	<p>7 10:00 Card Players Group 12:30 Wii Games 12:30 Ice Cream Social 1:00—2:00 Personal Training Appts.</p>  <p>Hot Dog on Bun</p>	<p>8 9:00 Upton Police 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Wellness Talk</p> <p>Stuffed Shells</p>	<p>9 7:45—5:45 Bridge of Flowers Trip 10:00 Knit/Crochet Group 1:00 BINGO</p>  <p>Garlic Herbed</p>	<p>10 9:00 Shopping Trip* 10:30 Blood Pressure Checks 12:45 Jumpin' Juba Concert</p>  <p>Beef & Broccoli</p>
<p>13 10:30 COA Mtg. 11:30 Lunch trip to Longhorn Steakhouse 1:00 Tai Chi</p>  <p>Beef Burgundy</p>	<p>14 FLAG DAY  10:00 Card Players Group 12:30 Wii Games 12:30 Go the Distance Walk</p>  <p>Chicken Parmesan</p>	<p>15 9:00 Upton Police 9:00—12:00 SHINE 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:00 Trip to the Movies (exact time TBD) Wild Alaskan Salmon</p> 	<p>16 10:00 Knit/Crochet Group 1:00 BINGO 11:00—1:00 Bake Sale</p>  <p>Swedish Meatballs</p>	<p>17 9:00 Shopping Trip* 10:30 Blood Pressure Checks 1:00 Walk in the Park</p>  <p>American Chop Suey</p>
<p>20 FIRST DAY OF SUMMER! 11:45 Father's Day Summer Cookout 1:00 Tai Chi</p>  <div data-bbox="32 1501 349 1638">  <p>Happy Father's Day, Sunday, June 19th</p> </div> <p>Cheese & Spinach</p>	<p>21 10:00 Card Players Group 12:30 Wii Games 12:30 Shopping Trip* 1:00—2:00 Personal Training Appts.</p> <p>Roast Turkey w/Gravy</p>	<p>22 9:00 Upton Police 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Wellness Talk 1:00 Movie & Popcorn</p>  <p>Herb Roasted Pork</p>	<p>23 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Spaghetti & Meatballs</p>	<p>24 9:15 Shopping Trip* 10:30 Blood Pressure Checks</p> <p>Lemon Thyme Chicken</p>
<p>27 9:00—10:00 Senator Moore's Office Visits 1:00 Tai Chi</p> <p>Greek Chicken</p>	<p>28 10:00 Card Players Group 12:30 Wii Games</p> <p>Meatloaf & Gravy</p>	<p>29 9:00 Upton Police 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Blood Pressure Checks 12:45 Birthday Bash</p>  <p>Macaroni & Cheese</p>	<p>30 9:15 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO</p> <p>Beef w/Peppers & Onions</p>	

June, 2016 — Dates to Remember

Check  here if you plan to attend !*

- June 1 _____ Upton Police, 9:00
- June 1 _____ SHINE Appointments, 9:00—12:00
- June 1 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 12:30
- June 3 _____ Representative Muradian's Pasta Lunch, 11:45
- June 3 _____ Fraud Squad Players, 12:45
- June 6 _____ Shopping Trip—Market Basket, Oxford, 9:00
- June 7 _____ Ice Cream Social, 12:30
- June 7 _____ Personal Training Appointments, 1:00—2:00
- June 8 _____ Upton Police, 9:00
- June 8 _____ Wellness Talk with Jessica, 12:30
- June 9 _____ Bridge of Flowers Trip w/Northbridge, 7:45—5:45
- June 10 _____ Shopping Trip—Shaw's/Walgreens, Milford, 9:00
- June 10 _____ Jumpin' Juba Concert—12:45
- June 13 _____ COA Meeting, 10:30 (Rescheduled from June 6)
- June 13 _____ Lunch Trip— Longhorn Steak House, Millbury, 11:30
- June 14 _____ FLAG DAY / Go the Distance Walk, 12:30
- June 15 _____ Upton Police, 9:00
- June 15 _____ SHINE Appointments, 9:00—12:00
- June 15 _____ Trip to the Movies, Millbury, around 12:00 (exact time to be set once movie listing is out)
- June 16 _____ Bake Sale, 11:00—1:00 (Are you interested in baking?....____Yes ____ No
- June 17 _____ Shopping —Northborough Crossing (Wegman's/Michael's/Kohl's, etc.) Loop, Northborough, 9:00
- June 17 _____ Walk in the Park, Milford, 1:00
- June 20 _____ Father's Day Summer Cookout, 11:45
- June 21 _____ Shopping Trip—Hannaford's, Uxbridge, 12:30
- June 21 _____ Personal Training Appointments, 1:00—2:00
- June 22 _____ Upton Police, 9:00
- June 22 _____ Wellness Talk with Jessica, 12:30
- June 22 _____ Afternoon Movie & Popcorn
- June 24 _____ Shopping Trip—Market Basket, Hudson
- June 27 _____ Senator Moore's Office Visits
- June 29 _____ Upton Police, 9:00
- June 29 _____ Blood Pressure Checks with Town Nurse, 12:30
- June 29 _____ Birthday Bash, 12:45
- June 30 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 9:15



*EASY SIGN UPS!

We'd like to make it even easier for you to sign up for our activities. If you'd like, write your name at the bottom of this box and check off all the activities you'd like to attend. Turn it into our office and we'll make a copy and sign you up!

Your name:

Your Phone:



Please call the Upton Center at 508-529-4558 to register for rides and programs.

Hours of operation are Monday—Friday, 9:00—3:30 (weather & staff permitting).

WEEKLY EVENTS AT THE UPTON CENTER

Every Monday	Tai Chi	1:00
Every Tuesday.....	Card Players Group	10:00
Every Tuesday.....	Wii Games	12:30
Every Wednesday	Strength & Stretch	10:00
Every Wednesday	Library Table	11:00
Every Wednesday	Canasta	12:30
Every Thursday	Knit/Crochet Group	10:00
Every Thursday	BINGO	1:00
Every Friday	Blood Pressure Checks with EMT.....	10:30

Note—Computer classes & Men's Club Suppers are on summer hiatus; they will return in the fall.

